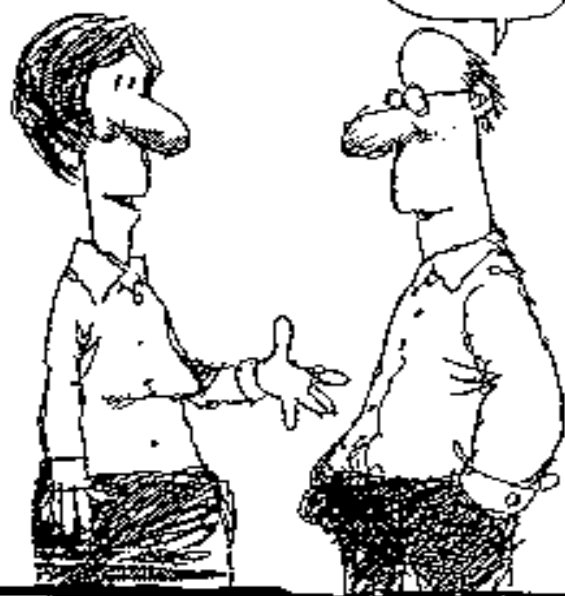


# Semper Fit Alcohol Abuse Prevention



A NEW STUDY  
SAYS A DRINK OF  
ALCOHOL PER DAY  
IS GOOD FOR YOU...

ONE?  
OK...



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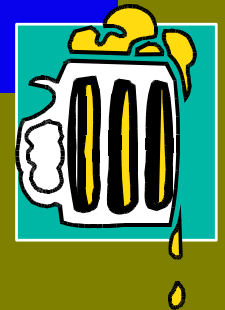
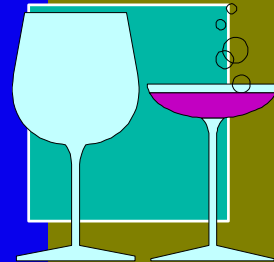
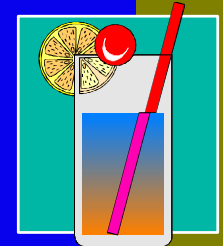
# Objectives

- ✓ To provide information about alcohol use
- ✓ To challenge assumptions commonly held about the effects of alcohol



# STANDARD DRINK

- 4 oz. wine
- 10 oz. wine cooler
- 12 oz. of beer (10 oz. of microbrew or malt liquor or ice beer)
- 1 oz. of 100 proof hard liquor
- 1.25 oz. of 80 proof hard liquor



# Rate of Absorption

- ✓ The higher the concentration of alcohol in your drink, the faster it will be absorbed
- ✓ If you have food in your stomach, alcohol will be absorbed slower
- ✓ Of course, the faster you drink, the faster the alcohol will be absorbed



# BAL Chart

Number of Drinks	Number of Hours									
	0	1	2	3	4	5	6	7	8	9
1	.023	.007	0	0	0	0	0	0	0	0
2	.046	.030	.014	0	0	0	0	0	0	0
3	.070	.054	.038	.022	.006	0	0	0	0	0
4	.093	.077	.061	.045	.029	.013	0	0	0	0
5	.117	.101	.085	.069	.053	.037	.021	.005	0	0
6	.140	.124	.108	.092	.076	.060	.044	.028	.012	0
7	.164	.148	.132	.116	.100	.084	.068	.052	.036	.020



# Factors that Influence BAL

- ✓ Quantity
- ✓ Rate
- ✓ Weight
- ✓ Time



# Effects of Alcohol Chart

.02-.03% “buzz”	No loss of coordination. May experience slight and loss of shyness.
.04-.06%	May experience a “buzz,” feeling of well-being, relaxation, lowered inhibitions, sensation of warmth, minor impairment of reasoning and memory, lowering of caution.
.07-.09%	Legally intoxicated in <b>most</b> states. May experience a “buzz,” slight impairment of balance, speech, vision, reaction time, hearing. Also experience reduced judgment and self-control. Definite impairment of muscle coordination and driving skills. Increased risk of nausea and slurred speech.
.10% Legal Limit	Clear deterioration of reaction time and control. Intoxication.*

[ \*.10% is at or beyond the legal limit in all 50 states.]



# Effects of Alcohol Chart (Continued)

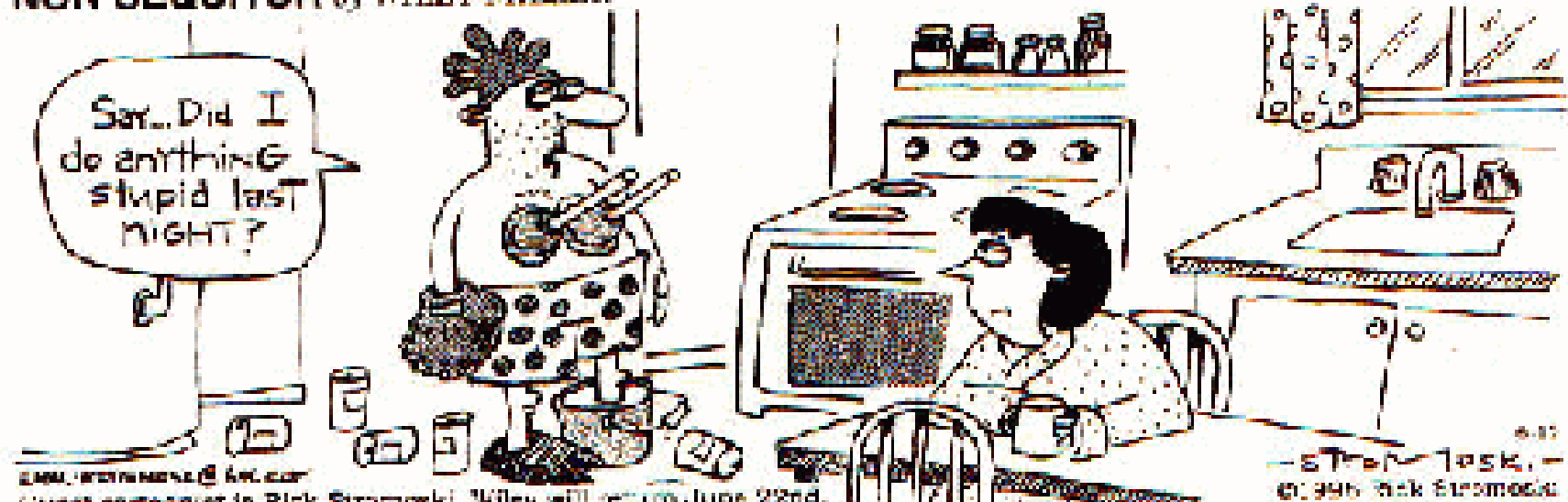
.10-.12% motor speech, time and hearing.	May experience a buzz, significant impairment of coordination, loss of good judgment, slurred impaired balance, vision, reaction
.13-.15% physical balance. Risk of	The buzz is reduced. Replaced with anxiety and restlessness. Gross motor impairment, lack of control, blurred vision, major loss of blackouts and accidents.
.16-.24% appear	Anxiety and restlessness predominates. Nausea may “Sloppy drunk.”
.25-.29% vomiting.	May experience anxiety and restlessness, total mental confusion. Need assistance in walking. Nausea and
.30-.39% and up	May experience loss of consciousness
respiratory	May experience onset of coma. Death due to arrest.

# Alcohol Tolerance

- ✓ The process of adaptation to alcohol by the body
- ✓ Tolerance is not an advantage
  - ✗ Short-circuits people's warning system
  - ▢ Offers a false sense of security
- ✓ Leads to higher costs, increases toxins (worse hangovers), and disrupts sleep (for up to 2 days)



# NON SEQUITUR by WILEY MILLER



# Risk Reduction Tips

- ✓ Set drinking limits
- ✓ Set aside 1/2 your paycheck
- ✓ Keep track
- ✓ Space drinks
- ✓ Alternate drinks
- ✓ Quality



# Risk Reduction Tips (continued)

- ✓ Be a non-drinker
- ✓ Avoid drinking games
- ✓ Refuse drinks
- ✓ Signal
- ✓ Drink slowly and in a safe environment



# Risks of Alcohol and Sex

- ✓ Unwanted and Unprotected
- ✓ Decreased performance
- ✓ Friends with impaired judgement
- ✓ Lasting effects in females
- ✓ Loss of control



# Drinking and Driving

- ✓ Arrange ride before drinking
- ✓ Reliable designated driver
- ✓ Leave car keys
- ✓ Keep spare money for cab
- ✓ Keep quarters for phone call



# Dollars & Cents



<http://www.riverviewendo.com.au/beer/beer.htm>





# Money and Alcohol

**Alcohol and budgets** (est. your 6-month expense for alcohol)

Estimates

Your average number of drinks

per week (includes pkg store & bars) 24

Average cost per drink 1.50

Total cost per week 36.00

# of weeks 26 weeks

Alcohol expense (\$36.00 x 26) \$936.00



# Summary

- ✓ Alcohol use comes with many social and cultural rules and expectations
- ✓ Alcohol does not always act in the way we think it does
- ✓ The choice of whether to drink or not to drink is really up to you and only you

